

NEIGHBOR TO NEIGHBOR

Kennedy Heights Community News



“You have to be able to control yourself before you can control others.”

AIKIDO

harmonizing the spirit

If you read to the end, I'll reveal to you the secret of Aikido.

Did you know that there are at least 150 different forms of martial arts? And, that the *intention* varies among the different forms? In one, you can seek to walk away unharmed, leaving your opponent laid waste. In another, both can walk, or crawl away damaged. But in Aikido, neither of those is the case, and that is why Susan Monroe chose it.

In 1979, Susan Monroe took a self-defense class at the Good Samaritan School of Nursing. After each of her classes, she would stay and watch the next class which was a class on the martial arts. At the end of eight weeks, Susan realized that what she had been doing was just the tip of the iceberg.

But it wasn't her eight week class that propelled her into Aikido. It was the karate class that followed hers she would watch from the wings that made her realize there was something more that she wanted to pursue. For ten years she practiced karate in an eclectic school where the teacher taught a version of Aikido. But, sparring with friends didn't make sense to her. A friend invited her to an Aikido demonstra-

upcoming events

Yoga, Mon.-Wed., 6-7pm,
Pleasant Ridge Rec Ctr.

Adult Basketball, Thurs/Fri.,
6-9pm, Pleasant Ridge Rec Ctr.

Teen Basketball, Mon.-Fri.,
4:30-6pm, Pleasant Ridge Rec
Ctr.

Indoor Pickleball Mon.-Fri.,
4:30-6pm, Pleasant Ridge Rec
Ctr. (membership required)

Storytime, Tuesdays,
10:30-Toddlers; 11:15-Preschool,
11-Craftivity, All Ages.
Pleasant Ridge Library.

KH Community Council
Tues., 1/18, 7:30 pm . Virtual
meeting via [meet.google.com/
amo-fjbm-bgq](https://meet.google.com/amo-fjbm-bgq). (See back pg.)

Imagine Lab, 1/19, 2/16.
4pm. Ages 6-12. Pleasant Ridge
Library.

Adult Book Club, 1/13
(Music Shop by R.Joyce; 2/10 (H
is for Hawk by H. MacDonald),
2pm, PR Library, Pleasant Ridge
Library.

Teens Graphic Novel Club,
1/8 & 2/12, 3pm. Pleasant Ridge

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Kate Elliott



Sharifah Tafari

A LETTER FROM OUR CO-PRESIDENTS

Happy New Year!

We want to remind you that a Community Council is not a legal entity, but rather an activism tool meant to amplify the needs and interests of the neighborhood at the City level. Every resident of Kennedy Heights is considered a Member of the Community Council. Your Executive Board is made of elected volunteers who do their best to act as advocates, educators, and organizers. We do not collect dues for membership, we simply ask for your engagement and your care and support of the neighborhood. This newsletter is mailed to some neighboring residents who may technically belong to Silverton or Pleasant Ridge because we believe in keeping our neighbors informed. Not sure if you are a Kennedy Heights resident? Email board@kennedyheights.org or call 513-919-5710 to compare your address to the map. If you are a resident, don't forget to connect with your Quadrant, our way of targeting local sections of the neighborhood!

We are excited to present to you the new Executive Board for the 2022 year. Find their bios on page 7.

Here's to another great year!
Kate Elliott & Sharifah Tafari

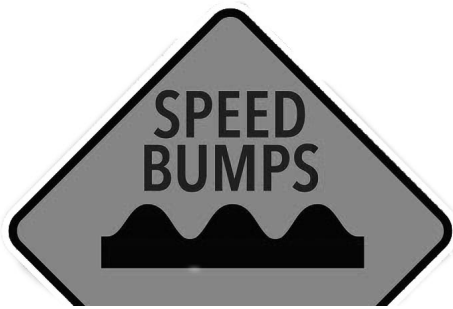
HOMESTRETCH OF THE NEIGHBORHOOD PLANNING PROCESS

Throughout the Fall, five thematic groups (Safety & Infrastructure, Housing, Business District & Businesses, Parks, Green Space, & Environment, and Communications, Events, & Engagement) met to incorporate feedback from neighbors. They've worked hard to firm up the goals of the plan and have created implementation charts associated with action steps for each goal. Additionally, residents gathered in mid-December to discuss the plan's overarching vision statement and future land use map.

In early 2022, you will be invited to review the plan document before it is discussed and voted on at the Community Council, which is the first step in the approval process before it is reviewed by the City Planning Commission and City Council. Please visit Cincinnati-oh.gov/khplan to learn more and stay up to date on the process.

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TRAFFIC CALMING

The Department of Transportation and Engineering (DOTe) has finally funded their Traffic and Street Calming budgets. They will be working with Community Councils to identify locations for bump-outs, speed cushions, and speed bumps. Thanks to our work with the Neighborhood Plan, we already have a list of high-priority locations. If you are concerned that a location near you may be overlooked, please reach out to board@kennedyheights.org or 513-919-5710 to discuss.

This will be a highly competitive program and all submissions must be received no later than January 28. Submissions will be studied and ranked by a number of metrics, and the highest priority will receive funding.

The Traffic Calming Program is for large streets with 5,000 or more cars per day. These can receive bump outs or speed cushions.

The Neighborhood Street Calming program is for streets with less than 5,000 cars. These streets are eligible for traditional speed bumps.

Community Councils must provide the top 2 priority locations as soon as possible, but no later than Friday January 28, 2022. Requests received after January 28, 2022 will not be considered.

All requests received will be scored, and then ranked. Funding will be allocated to the most urgent/at-risk locations first, until all funding has been expended. Due to limited funding, it is unlikely that all locations will receive funding.

PARKS: WINTER IN PARADISE

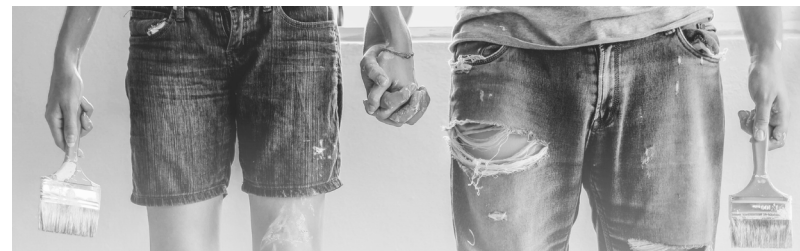
Think of your favorite part of our Slice of Paradise. For Kate Kern it's experiencing the changing seasons. In the fall it's looking up through a canopy of yellow sugar maple leaves, hearing the four-note whistle of a chickadee and catching a quick glimpse of it in flight. In the winter it could be catching sight of an elusive fox or a foraging deer. On a sunny day put your ear to a tree and hear the sap rising as the days lengthen. Whatever the season, be sure to enjoy our parks.

The middle of winter is a good time to browse seed catalogs and look forward to the greening of our parks and green spaces. What would you like to see in Kennedy Heights? Yoga in the park? Movie night? A Storybook trail? Improved trails in our parks? These are some of the ideas proposed in the Parks and Green Spaces section of the community plan. Soon you will be asked to vote for the plan. Your voice matters, and so does your willingness to help your fellow residents with implementation. Please, help us make our public parks a natural extension of our homes and private green spaces. We look forward to your participation!

AFFORDABLE SENIOR HOUSING PROJECT

KHDC is under contract to purchase 6543 Montgomery Road, most recently known as the Spotlight Social Club, next to NuVue Windows. The cars will be removed and the building demolished to make way for Affordable Senior Housing, one of the top needs identified in our last Housing Study. While this project has been a long time coming, its fruition is still a few years away. We hope to break ground on Affordable Senior Housing in early 2023.

In the meantime, the former Beverage Cave will be rented to BA Stephenson Wood, an artisan who creates beautiful custom wood cabinets and furniture.



COMING JUNE 2022 - NEIGHBORHOOD CLEAN UP BLITZ

KHCC is planning a Neighborhood Clean Up Blitz for June 2022, and we need YOU! If you are a Senior who could use help with a home improvement project, please contact Mary@kennedyheights.org at 513-265-9199.

If you are a contractor or just have some basic home improvement skills, and you want to help out with these home improvement projects, we need you too. Workers will be paid.

We will also be providing a community dumpster for everyone, so get ready to clean out that garage! More details to come. Thank You to Guardian Savings Bank for funding our Neighborhood Clean Up Blitz 2022.

continued from page 1

tion in 1984 and she has pursued it every since. Susan was 35. She is now 67 and has earned her 6 kyu.

The intention of Aikido is to “do no harm,” to make yourself a better person. But don’t mistake the intention with the ability. The techniques used in Aikido can be painful when applied, but that is not what the participants of Aikido are there for. They are there to practice self discipline, making certain that no one walks away hurt.

Aikido is a wonderful stress reliever, and you can do it at any age. The oldest member is ninety. Susan assured me that a person can adjust what they do as they age and get a great workout simply doing what they can.

There are no tournaments in Aikido. The founder was against them. But there are seminars where high level instructors are brought in. Members are also encouraged to travel to seminars.

To move up in Aikido, you have to pass tests which are extremely important. In testing you have to be able to perform certain techniques. And the learning happens in preparing for the tests.

Susan was happy to do this interview because she wanted you to know that they would love for you to come to their space in the KH Arts Center Annex, sit in and watch a class just as she did so many years ago. And then, consider taking the next step and join them. There’s room for you. Age is not prohibitive.

Find more information here:
<https://aikidocincy.org/>



Susan Monroe



The secret to Aikido? *Practice.*



PLEASANT RIDGE RECREATION CENTER

Visit the Rec Center on a Saturday! From 9:00am - 2:00pm enjoy the weight room, shoot hoops in the gym, or play pickleball. The CRC also has rooms that can be reserved for Neighborhood Watch meetings or other community uses. Call (513) 731-7894.

NEIGHBOR TO NEIGHBOR NEWS • JAN/FEB 2021



Green Up Day in Kennedy Park

A few more thanks -

We'd like to thank Invest In Neighborhoods, Homebase Cincinnati, Cincinnati Neighborhood Business Districts United and Guardian Savings Bank for their support of our neighborhood through advocacy, networking, technical support and funding. And of course, thank you to all of our community partner organizations and volunteers. There are way too many to name, but you know who you are! We couldn't do it without you.

Because of You

Thank you to all of the Friends of KHCC for your generous donations in 2021. Despite being a difficult year without the usual in-person community events, your dollars still went a long way. This year you supported a Drive Through Day of Action, the annual Green Up Day in Kennedy Park, the dedication and celebration for the new Kennedy Avenue Bridge, and our Community Planning process. Because of you we were able to have our annual Landscape Awards and celebrate Juneteenth. Your generosity also supported Play in the Park and other community events at Kennedy Heights Arts Center including Jazz on the Lawn and Fall Back to the 1960s. KHCC support helped ensure that these events were free and accessible to all local residents. And without you, we couldn't maintain our kennedyheights.org website or our Neighbor to Neighbor newsletter.



Dedication of the New Kennedy Avenue Bridge

BECOME A FRIEND OF KENNEDY HEIGHTS! YOUR TAX-DEDUCTIBLE DONATION SUPPORTS THE BI-MONTHLY NEWSLETTER AND THE EVENTS IN AND AROUND THE COMMUNITY.

DONATION: PLEASE CHECK AMOUNT. CASH OR CHECK IS AC-
 ___ \$15.00
 ___ \$25.00
 ___ \$50.00
 ___ \$100.00
 ___ OTHER AMOUNT: \$ ___

NAME: _____
 ADDRESS: _____
 CITY/STATE/ZIP: _____
 EMAIL: _____

INCLUDE MY NAME (ONLY) IN THE NEWSLETTER AS A FRIEND OF THE COMMUNITY: ___ YES

PLEASE MAIL THIS COMPLETED FORM AND PAYMENT TO: P.O. Box 36318, CINCINNATI, OH 45236. OTHER ONE-TIME OR RE-CURRING PAYMENT OPTIONS—INCLUDING CREDIT CARD PAYMENTS—ARE AVAILABLE AT WWW.KENNEDYHEIGHTS.ORG USING PAYPAL. KENNEDY HEIGHTS COMMUNITY COUNCIL IS A 501(C)3 NOT-FOR-PROFIT ORGANIZATION.

KENNEDY HEIGHTS ART CENTER GALLERY

Winter Classes

WINTER 2022 ART CLASSES & WORKSHOPS:
REGISTRATION OPEN!

In winter we make art! As the world around us gets snow-covered and frozen, we find warmth in community, and creativity. This winter KHAC will offer art classes in media including, clay, fiber arts, watercolors, drawing, and collage. Beginner, Intermediate and advanced learners gain valuable skills and inspiration from their teachers, fellow students and the artwork on view in our galleries..

Kennedy Heights Arts Center strives to make arts accessible to everyone. Go to kennedyarts.org to see the early bird specials and sliding scale fees available for those in financial need.



Art For A Difference Day

Monday, January 17 from 9:30am - 12:00pm

Ages 5 - 13. Free.

In honor of Dr. Martin Luther King, Jr. Day we are doing a very special art project! This day of service encourages youth to understand the benefits of volunteering your time, how to give the gift of kindness, and how to use your creative talents to make a difference in the community! Youth ages 5-13 are invited to participate for FREE, and parents can drop off and pick up, or are welcome to participate as well. Every year, KHAC partners with a different local non-profit to create artworks that are given to that organization to benefit their mission.

High school students may serve as volunteers to assist the younger children. Participation is free, but space is limited, so register early.

Young at Art: Winter Workshop Series for Kids!

January 29, 2022 - March 19, 2022, 11:00 am - 1:00 pm

Ages 5 - 12. Tuition: \$120 for all 8 sessions

\$25 for each session if purchased individually. See sliding scale

Young at Art is a community for youth artists, ages 5-12, looking for ways to continually nurture their creativity and ingenuity, while building relationships with others. Different from a class, this club strives to promote creative community, artistic discoveries, and sensorial connections. Young at Art members will use a variety of art materials and supplies to build a toolbox of new techniques and social connections, while learning about artists and how to discuss and express artful ideas.

Go to www.kennedyarts.org for a full listing of winter classes, descriptions and cost.



Eric Brueggemann
Customer Advisor




Mon. thru Sat., 10–6pm

**The Library will be closed
December 24-25 & January 1**

**Visitors asked to limit visits to two hours
or less. Building capacity is reduced.**

Available services:

- curbside service
- take & make activities
- browsing
- computer access (limited)
- assistance with faxing/copying/scanning & printing

Erik Brueggemann
Library Customer Adviser, Pleasant Ridge
erik.brueggemann@cincinnati.library.org

For branch offerings and questions
call us at 513-369-4488 or go to
www.cincinnati.library.org

WELCOME YOUR NEW COUNCIL

KHCC CO-PRESIDENT

Kate Elliott has lived in Kennedy Heights since 2013. She and her husband Spencer live on Withany with their two kids, ages 4 and 6. Kate works in marketing while also pursuing humor writing, theatre, and music. She loves the quiet green spaces available in the neighborhood.

KHCC CO-PRESIDENT

Sharifah Tafari's family has lived in Kennedy Heights for 25 years. She has two children, a two-year-old grandson and another one on the way in May and several godchildren. For the last six years, she has served as the Executive Director at The Caring Place, our neighborhood food pantry. She's a vegan chef and caterer and teaches cooking classes in most of the school districts in the greater Cincinnati and Northern Kentucky areas. She loves to cook, read and walk her dogs in our wonderful neighborhood and especially in our amazing parks. She loves Kennedy Heights because it's a neighborhood that is welcoming to anyone and everyone.

KHCC V.P. COMMUNITY PLANNING

Caitlin Siegel Hartzler is a 15 year resident of Kennedy Heights and a mom of two. She owned and ran The Red Balloon Café + Play until 2020. Most recently, she helped Community Happens Here to launch their new community cafe and coworking space across from the PR Library. She and her husband Keith enjoy the outdoors and can be seen on long walks in the neighborhood.

KHCC V.P. COMMUNITY ADMINISTRATION

Samara Ramudit originally from Trinidad and Tobago, she has lived in KH for 3.5 years and shares life with her husband Daniel of five years. She has been a senior clinical research associate for six years. Hobbies include Jr. League of Cincinnati, gardening, baking, traveling, hiking, camping, scotch and bourbon.

KHCC SECRETARY, Peggy Brown (info unavailable)

KHCC TREASURER

Mary Ray Kidd has been a resident of KH since 1995. She has served on the boards of KH Arts Center, KH Development Corp and KHCC over the years. She is currently the project director for KHDC and outgoing KHCC VP for

Community Planning. She is married and has two Treeing Walker Coonhounds that they enjoy walking around the whole neighborhood.

KHCC MEMBER AT LARGE

Cassandra Jones and husband William have lived in KH for 9 years. She is the Director of Disability Services at Xavier University. Hobbies include pottery, reading and attending local art performances with her husband.

KHCC MEMBER AT LARGE, Brandon Nixon (info unavailable)

KHCC MEMBER AT LARGE

Steve Grieser has lived in KH for 36 years with his wife Linda. They have three adult children. A retired Lutheran pastor and pastoral counselor, his hobbies include construction rehab, raising chickens and golf. Steve is not new at serving in KH. As the rep for Aging in Community, he has also served on the Development Corp. since 2013, and in other roles.

KHCC MEMBER AT LARGE

Anita Hisle was born & raised in Cincinnati and has been a Kennedy Heights resident for 6 yrs. She has 4 children, 7 grandchildren and another one on the way and 1 great grandson! She enjoys sewing, gardening, and works part-time at the Kennedy Heights Guardian Savings Bank.

KHCC MEMBER AT LARGE

Amber Ziegler has lived in Cincinnati since 2010. Originally a resident of Pleasant Ridge, she has now been living in KH for 4 years. She's married, AND married to the KH Web Administrator, Eric! A training partner with her husband, they both have earned their black belts in Hapkido. Amber works in operations for a locally-based advertising company.

KHCC MEMBER AT LARGE

Eric Armstrong was born in Columbia, TN and moved to Cincinnati during junior high school. He worked at GE for 15 years, then worked at Local 12 TV and Star64. He retired in 2018. He and his wife Barbara have three grown children and six grandchildren. They have been residents of Kennedy Heights for 28 years and love the diversity. The street they live on "feels like a family neighborhood".



KENNEDY HEIGHTS COMMUNITY COUNCIL
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Kate Elliott
 Co-President



Sharifah Tafari
 Co-President



Eric Armstrong
 VP of Admin.



Peggy Brown
 Secretary



Mary Ray
 VP of Planning

Members-at-Large



Steve Grieser



Anita Hisle



Cassandra Jones

Find us at khcc@kennedyheights.org

COUNCIL MEETING -JANUARY 18, 2022

Join by computer at: meet.google.com/amo-fjbm-bgq

Join by phone: Call +1 574-241-1036 and then follow the prompts. PIN: 453 185 950#